

ABSTRACT

A skin beautifier contains sphingomyelin, which is a phospholipid, as an effective ingredient. In addition, skin-beautifying food or feed contains sphingomyelin as an effective ingredient. The present invention provides a skin beautifier and skin-beautifying food or feed supplying effects on beauty, such as skin-moisturizing and protecting effects, skin-roughness-preventing and improving effects, and a wrinkle-preventing effect, by oral ingestion thereof.